



# SEMINAR

## Department of Public Health



University of Otago, Wellington | 23A Mein Street | Newtown | Wellington

## Physical activity and mental health: Taking a peek underneath the blanket

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**Friday 15<sup>th</sup> November 2019, 12.30-1.15pm**

The rapidly emerging evidence base linking physical activity to mental health has been accompanied by “blanket” statements of efficacy from advocates. However, these “blanket” statements fail to recognise the unique mechanistic pathways linking physical activity and mental health. This presentation explores the nuance behind effective physical activity promotion for mental wellbeing.



Justin previously completed a D.Phil in Public Health at the University of Oxford. His research focuses on physical activity interventions and mental health outcomes in vulnerable populations. This includes ongoing work in low- and middle-income countries as well as marginalised groups in high-income settings. He has a particular interest in the rigorous evaluation of physical activity interventions and has previous experience within the UN system.

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Small Lecture Theatre, Level D, University of Otago Wellington

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**Nau mai, haere mai! All welcome!**